

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01045, Cheese food, cold pack, American

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	43.12	--	0.169	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	331	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1386	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	19.66	--	1.241	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	24.46	--	0.242	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	4.44	--	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	8.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	497	--	6.851	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	966	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	16.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.446	--	0.042	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.074	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.977	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.141	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	5	--	0.349	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	0.349	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	1.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, IU	IU	705	--	27.316	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	15.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.728	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.513	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	6.807	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.805	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.461	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.287	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.638	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	0.909	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	1.738	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	1.951	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.509	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cystine	g	0.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.999	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	1.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.177	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.823	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.801	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.493	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.208	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	4.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.324	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	2.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	0.949	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976